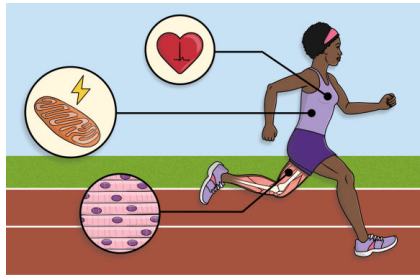




**OPTIONS 2026 - PE**

# OCR GCSE Physical Education



# What is GCSE Physical Education?

- GCSE Physical Education is the combination of practical ability and theoretical knowledge.
- Students will be assessed through a range of methods including examination, controlled assessment (coursework) and practical assessment.



# How is the course assessed?



Paper 1  
Skeletal system  
Muscular system  
Movement analysis  
Cardio and respiratory systems  
Effects of exercise  
Fitness testing  
Components of fitness  
Risks in sport

Paper 2  
Social groups and participation rates in sport  
Commercialisation of sport  
Ethical issues in sport  
Sports psychology  
goal setting  
skilful characteristics  
Feedback  
Health and wellbeing  
nutrition

Practical element

This is a choice of either:

1 **team** sport and 2 **individual** sports

*Eg **football**, **table tennis** and **badminton***

Or

2 **team** sports and 1 **individual** sport

*Eg **netball**, **basketball** and **trampolining***

This is the coursework element worth 10%  
*(as important as all other areas of the course)*

6 sections  
1- fitness testing and results  
2- assessment of results  
3 – core and advanced skills in sport of choice  
4- assessment of your ability of skills  
5- movement analysis of a skill  
6- training programme to develop a skill

Paper 1 = 60 marks

Paper 2 = 60 marks

Practical = 60 marks

Coursework = 20 marks

Total = of 200 marks

# What skills will I need to study GCSE PE?

- Teamwork, communication skills
- Independent learner
- Motivated
- Hard working
- Good at science - especially Biology
- Be ready to study theoretical aspects of physical education not just practical - this makes up the majority of course.
- Play sports outside of school for an extra-curricular club in all 3 sports you want to offer.
- Currently achieving 3 or more.

# Pros and Cons

## Pros

- Many of the topics cross over with other subjects such as biology, physics and psychology.
- You will get to participate in more practical lessons (although many of these will be theory based to back up theory learning).
- You will gain an understanding of a range of sports and be able to apply your knowledge to current sporting affairs.
- It is a strong basis to go on to further study in sport such as the Level 3 BTEC Sport at St. Augustine's Sixth Form.
- You will receive teaching from a passionate and experienced team.
- Support with extra-curricular clubs and revision.

## Cons

- The course is mainly theory. Do not take this course if you are only interested in practical sport!
- The course requires you to be participating to a good level in 3 different sports. If you do not participate regularly in **your own time** then this may not be the course for you.
- You need to have a solid biology knowledge to access the Paper 1 content.

# Where will a GCSE in PE take me?

Physiotherapy

A Level PE / BTEC  
Sport at 6th Form

Sports Nutrition

Sports Psychologist

Sports Science

Sports Coaching

Gym Instructor



PE Teaching



Sports Management



# Further Research

- If you would like to find out more information the following places would be good to start:
- <https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>
- <https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>